

# SOME ADVICE TO GIVE YOUR TEENAGER FOR HIS OR HER FIRST JOB



## TIPS TO HELP YOUR TEENAGER HAVE A SUCCESSFUL FIRST WORK EXPERIENCE

- **BEING ON TIME** is a quality that employers often appreciate
- **IF THEY HAVE A PROBLEM OR CONFLICT AT WORK,** help them have the courage to talk to the person concerned or help them set limits
- **IF AN EMPLOYER ASKS THEM TO WORK MORE HOURS THAN PLANNED,** help your child take their personal limitations into consideration, as well as those related to school (exam period, deadlines for handing in work, stress, etc.). It can also be an opportunity to test whether being flexible can sometimes be useful: doing a favour for someone else may be helpful if you want to ask for one in return (having someone replace you or requesting time off, for example)
- **DEVELOP AUTONOMY AS AN EMPLOYEE:** avoid wasting time, being on your cell phone. Instead, try to see what work could be done, whether someone else is swamped and could use help, find out what more you can do (show initiative)
- **SHOW INTEREST IN OTHER PEOPLE,** have the courage to speak or ask questions
- **SPEAK UP WHEN THINGS AREN'T GOING WELL OR ARE UNFAIR;** dare to say what you want, what your short- or medium-term goals are (move up the ladder or change their position) rather than changing jobs at the slightest frustration
- **SET LIMITS AND DARE TO SPEAK OUT** to denounce a situation
  - **HAVE THE CONFIDENCE** to request a gradual introduction to the job, one that follows your pace so that you have time to learn
  - **RECOGNIZE WHEN YOU COMPARE YOURSELF TO OTHERS;** more importantly, focus on yourself and remember that every person and every context is different

